

Gregory (T. A.)

AN ESSAY

WRITTEN AND PUBLISHED BY

DR. T. A. GREGORY,



DENTIST

NEW ALBANY, IND.

THIS BOOK gives some useful information in regard to promoting health and preventing diseases and sickness of different kinds. It gives advice about the teeth, telling how to preserve them, and it tells how to make artificial teeth useful. Any person wanting one or more of these books can get them by writing to me for them. Any person wanting a dozen or more can have them at eight cents a piece. If you want one of these books, send me ten cents and a postage stamp, and your name and post-office address, and it will be sent to you by mail.

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AN ESSAY

WRITTEN AND PUBLISHED BY

DR. T. A. GREGORY, **DENTIST**

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PREFACE.

The people need information about their duty to themselves and their children, and how can they get it? They can get it only by sad experience, or by reading good books, or by getting advice from some one who has studied out useful things that will benefit persons who will listen to truths when told. But it costs something to give this knowledge to the public, and the people ought to ever be willing to pay a small fee for useful knowledge; then there would be more inducements for people to put such knowledge as they have before the public, for it costs study and labor and heavy expense for printing and distributing after it is printed. Everybody should look after their own health and welfare, but to do this thoroughly, we must learn from others, and hold fast to it and benefit ourselves by their experience. Look at the thousands that ruin their health by carelessness, and come to their graves perhaps sooner than they would had they not contracted disease by careless habits.

Any person that receives one of these books from me before paying for it, and they think that there is ten cents' worth of reading in it, will please send me that amount enclosed in an envelope directed to DR. T. A. GREGORY, DENTIST, NEW ALBANY, IND. This charge is made to pay for writing and printing. If you do not think there is ten cents' worth of information in one of these little books after you have read it through, please hand it to some one of your neighbors, and I will be much obliged.

T. A. GREGORY, DENTIST.

H. PREISSLER,
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An Essay on Dentistry.

Like produces like. A continual struggle to improve our health or morals, will produce or make a perceptible improvement in our condition. Neglect of our duty, or carelessness on our part, produces a still worse condition of affairs to us. We are responsible, and we cannot change the order of the law of God by not knowing how to obey, for it is either punishment or blessings, just in proportion to our knowledge and obedience to his laws and teachings that are perceptible to us only through the channels of forethought and wisdom.

There are four elements that enter into the composition of the human body, and a deficiency of either of these elements causes sickness. Each one of these elements contains some essential part of the composition contained in the different parts of the body. If you neglect to eat a fair proportion of vegetable or animal food, or neglect to get a sufficient quantity of fresh air and water, it will bring on sickness. These are the four elements that compose the composition of the body, and it is as necessary that you should partake of each of them as it is for a plant or tree to have earth, air, sunshine, and moisture to draw its several qualities from. The elements may be diseased sometimes themselves, and not in the proper condition for use, and when this is the case, it would not be our neglect to take, but it would be our neglect to select pure elements which are healthy, when used in fair proportions. Vegetables grown where there are many weeds close to them, are impure and unwholesome. Cattle or other animals, fed on rotten or sour food, causes their flesh and milk to be impure and unhealthy.

Anything tight around the waist or the body is unhealthy. It keeps the lungs from expanding so as to take in a sufficient quantity of fresh air to keep the blood warm and pure. If you have a fire in a stove, and you keep the stove closed up in front so that the air cannot pass into the fire freely, the fire will not burn so well or get so hot. And why? It is because there is oxygen in the air that keeps up the fire, and gives the heat and life to the fire or to people in proportion to the amount of air that gets to the fuel. You could not run if you did not have the power to draw in the air faster so as to sustain the demand for strength which comes from good food and plenty of air. Rotten wood and not much air in a stove will not give a good fire. It is the combustion of the oxygen taken up that gives the heat. So it is in the body; when you run or jump, you take in more air, and, of course, the more air that you get into the lungs the more oxygen you get, for the air is composed of oxygen and hydrogen;

but the lungs throw out the hydrogen and other impurities. Do not keep the air from the lungs by tight clothing, or by closed rooms if you desire health. And foul air is as injurious as not enough of air. Water that has rotten leaves, or rotten wood, or any rotten substance of any kind in it, is not healthy. Even a scum of green substance on the stock of the pump will make water unhealthy. Pure, clear water, right from the spring or well is the purest and best to promote health. Water that stands a long time in a room absorbs poison from warm, sultry air, and dust settles in it and it becomes impure in six or eight hours, so that it is not fit for cooking or to drink, and food for our minds should be good and pure, or all our actions become corrupt, and will cause spiritual death, just the same as bad natural food will cause natural death after it has had its course. The natural elements if bad bring on decay, and finally death if not checked by proper actions. So do bad actions bring on spiritual decay, and finally death if not checked by proper actions. Bad actions injure us whether spiritual or natural. We must use our minds for our blessings, and not for our injury if we can help it, and we can, to a great extent, keep from doing wrong when we try.

Sickness, general debility, and even death is often caused by neglect of the teeth, and sometimes other neglects cause the teeth to become diseased. When a tree begins to die, it sometimes commences to decay at one place, and sometimes in another; it sometimes commences at the roots, sometimes in the limbs, sometimes at the heart, and at other times on the bark. But there is always some cause for the disease beginning, and the sooner that the cause of the disease is removed, the better it is for the tree, and the easier it is restored to health, and so it is with the human being, the sooner that they find out the cause of their pain and have it removed, the better it will be for them. After a tree is almost dead, it cannot be restored. So it is with us; sometimes disease commences in one part, and sometimes in another, but it continues to spread if not attended to, and finally causes death. People often wait till they feel the pains of death before they look for instruction in an earnest way. Why do physicians give vegetable pills when there is costiveness and ill health? It is because there has been a neglect by the patient to eat a sufficient quantity of vegetable food which would have kept the bowels in the proper order, if there is some exercise taken with the proper food. Costiveness makes a person feverish, and the blood becomes too thick and impure. Costiveness causes piles, and finally fistula and many other complaints if allowed to go on too long, and our health is ruined by neglect. Vegetable food is cooling, and keeps the blood thin and the bowels regulated. Too much stimulants, animal food, coffee, or strong drinks of any kind, used to excess, cause fevers. With all the carefullness at our command, we will find that we cannot be too careful, and if this is the case with the careful person, what must the danger be of the careless?

The secret of the virtues of most kinds of medicines is the

vegetable qualities that they contain. Be your own doctor and save yourself all the extra expense you can, for your family suffer by your loss of time and money spent in hunting medicines. An ounce of preventative is better than a pound of cure. You can get the vegetable qualities that medicines contain by eating more vegetables, when the bowels are not loose.

It is our duty to save each other all the expense we can, but all things cost us hard study and labor, and we should be paid a fair price for our instruction, if there is any good in it. Give these things a fair trial, and judge for yourself, and if there is any good in it don't forget to tell others and let them be benefited too. Of course there are some complicated cases of long standing and some cases of sudden severe attacks of suffering, where you had better call a physician or dentist or surgeon. But even when you call for advice from this source you have to depend on your own actions, to some extent, for a cure, the physician or dentist cannot do all. All they can do only aids nature by you following their advice, which may be very good, and should be good, too, when your life is at stake, to some extent. Sometimes medicines injure more than they do good. We had better try to keep as healthy as we can by wise actions, and not think that we can disobey the health laws, and when we get sick expect to find a cure very easily, for some people have looked in vain for years for a cure for some disease that they got by carelessness.

Health laws are good when we follow them. Read, study, originate new ideas, write them down as soon as discovered, so as to refer to them when they are needed.

Exercise your body to give the blood free circulation. Eat healthy food, animal and vegetable, in fair proportions. Regulate your bowels from costiveness by keeping them tolerably loose by eating vegetables and fruit; but when your bowels are very loose eat less of the vegetables and fruit. One operation a day is plenty. Stand strait and walk strait. Let nothing bind your body at any place, so as to check the free circulation of the blood, or the free supply of air to the lungs. Drink pure and fresh water.

When the bowels are not too loose, eat more of the vegetables and fruit and you will not be so cross, for animals that live on the vegetable diet are not so cross as animals that eat flesh altogether. If the diet causes this disposition in animals it will cause it in human beings, and it must certainly be the cause of the different dispositions in animals, but we must not forget that human beings have parts of each of the four elements, and it is a fair proportion of each of these elements that will give the best health and the most intelligence. Use the mind to hunt blessings for yourself and others—this is our duty. We should improve our health as much as we are able, but health depends on our knowledge of the laws of health. A person of bad health can often improve their health by wise action, till it is pretty good, and on the other hand a person of good health can, by neglect and carelessness on their part, become very unhealthy. Can a fish live in stagnated water? I say no, not very long. Can a person have good health

and breathe impure air from bad teeth, or from any other source? I say not very long, or at least it will shorten their lives in proportion to the strength of the air. Can a fish live in a small puddle of water? No not unless there is a constant stream of tolerable pure water passing through the puddle to keep the water pure enough to sustain life. It depends on the amount of pure water they can get whether they can live or not. Can a person live long in a small room that is kept closed very tight? I say no. But if the windows or doors are kept open so as to get a constant stream of fresh air, it will be vastly different. Can a person have a strong mind if he refuses to read and study the pure and interesting works of good men? No, I think not. I think that the mind needs a constant current of pure knowledge as well as the lungs need pure air. But we also need some bodily exercise, so as to cause the blood to flow out into the extremities of our fingers, and even to the ends of the hair on our heads. But not more than half the time should be used for bodily exercise, that is all that is required positively, but more exercise will not hurt when there is business to attend to, and one-fourth of the day time for reading and study or application to books and one-fourth for writing and other varied purposes. One hour or more should be spent in the sunshine every day that it can be done, even if it does tan your skin a little, for it gives strength and health. When all the other points spoken of have been followed it will not save or cure by itself. You cannot shoot at yourself and expect that the law of nature will not follow it. You can shoot yourself with impure air or with a pistol or with wrong actions till they will kill you, and it may all be done unintentionally on your part, but still the effects are just as bad as if it was done on purpose. Study and improve or you will sink, for sink it will be if we do not change our course, when we find it to be wrong.

If a horse will not work and make himself useful, he gets pounded and mistreated, and handed from one master to another till he gets banged out of his misery. It is true that those who beat are as responsible for their actions as the horse is for his actions, and perhaps they will have a worse end than the horse, if they persist in drinking too hard, or fighting too much; for the same law that we disobey punishes us with its own inevitable penalty. Choose your own course but look out for the suffering in consequence of your blindness in regard to the truth and the right. Too much strain on our mind or any part of our body is injurious. Chewing too much tobacco takes away too much spit or saliva, which is needed for its beneficial effects or action on the food, it always flows faster while we are eating, it shows that that is what nature provided it for and too much waste of it will affect different constitutions in different ways, but in almost all it is injurious. Cleanliness of our bodies is another essential duty that we all owe to ourselves in order to promote health. God washes the dirt and scum off of plants and animals to keep them healthy and growing, and when they fail to get the desired quantity of water, they

wilt up and become parched and die. He has given us a mind superior to animals, so that we may know where to find and when to use water to clean off the impurities that accumulate on the body, and if we neglect to wash the dirt off of the body after a while it causes itch and other cutaneous diseases.

The dirt stops up the pores of the skin, and causes many other troubles. We should bathe at least once a week, and put on clean under clothing after bathing. We should temper the water so as it is not too cold or uncomfortable by adding hot water to the cold, and only stay in the water long enough to wash off well, which would take about ten minutes. Too long an exposure to damp or cold checks the circulation of the blood, and it causes chills, colds, and other complaints. The blood must circulate pretty freely to have health, for it helps to carry off the impurities generated in different parts of the body, and it gives life just like the sap of a tree or plant gets its life from the sap, and when long continued spells of cold or drouth come upon trees or plants, it checks the circulation of the sap and injures it in proportion to the hardness of the cold or drouth. If the cold or drouth is too severe, or lasts too long, it will kill the tree or plants from the effects produced; so it is with the circulation of the blood or the sap of the human being—it must be attended to. Excessive use of whiskey, coffee, or any kind of stimulants is injurious and blinds us so that we cannot find the blessings that we would otherwise find. Too much of them make us cross and heartless or obtuse in our finer feelings for ourselves and for others. Everything used in reason and when and where we have a right to, and where it is not going to hurt or injure our neighbors or cause them trouble or pain is all right, but we must be careful how and where we use them. When the happiness of our families and the community depends on our actions, God's word seems to teach that too much or too little of any good thing is injurious. It is the medium between these extremes where the most good seems to be promised to be found. The loss of sleep is injurious; it weakens the powers of the mind and takes away the strength of the body, and undermines the constitution; and too much sleep causes slow motion and inactivity of the mind and body. For a baby, twelve hours in twenty-four is not too much sleep, and a child over two years and less than ten years old, ten hours in every twenty-four hours is not too much, and a person over ten years old, six to ten hours in twenty-four is not too much or too little. Circumstances alter cases. In sickness, we sometimes need more sleep. The mind should govern our actions.

DENTISTRY.

Persons desiring to have good teeth should see their dentist at least twice a year, and let him examine their teeth and give them his advice, for it will be valuable to you. He has studied a great deal about the teeth, or at least should have done so before he is capable of giving advice about the teeth. If you wish to learn music, go to a musician. If you wish to get knowledge on or

about any subject, go to some one that has had experience and practice in that department. You will find that every one understands his own trade or profession better than people of some other occupation can know it, and we ought to know where we can get good advice when it is needed.

The Necessity of Attention to the Teeth and other Parts of the Human Body.

We will make this suggestion: would you, if you had a nice garden, neglect to cut the weeds out of it, as they made their appearance in it? I say if you did you would soon have its beauty and usefulness destroyed, by letting obnoxious weeds or other obstructions continue to spread, and so it is with the teeth or other parts of the body. The body is a representative of a garden of usefulness, beauty and intelligence, and diseases of any kind are the weeds that destroy the blessings. These diseases should be checked as soon as they make their appearance, whether spiritual or bodily disease; either will destroy our happiness and usefulness in this life; for if the weeds are left to have the mastery, you may be sure that they will destroy or injure us. Do we wish to be injured? We do if we let the diseases of any kind have their own course—for injure they will. It only takes time to show how bad they will injure us, if we submit ourselves to its long continued action or effects. Diseased or aching teeth injure in different ways, and the disease keeps spreading, and causing other diseases of different kinds. It costs us a little pain and perhaps some money to have them treated, but it would save you many dollars in doctor bills, for other diseases caused by the neglect to attend to the teeth, and you suffer almost continually for months with pain that would subside soon after the dentist had the control of your case; for no disease can be cured as long as the cause of the disease is accompanying the person. You may take barrels of medicine to cure neuralgia or dyspepsia that is caused by the teeth and you cannot cure it, and why? It is because the decayed or diseased teeth has a poison on them that is stronger than any medicine, and its action or effects on the jaw-bone and gums is dreadful, and the effects of this poison on other parts where the saliva conveys it to is dangerous and injurious, and as long as the diseased teeth are in the mouth to poison by their effects, do not look for constant relief from pain and sickness. If there is any dead limbs on a tree or bush, cut off the dead part. Don't put medicine on the dead part with the expectation of curing dead things, it will only hasten the death of the live parts that are close to the dead.

You may wish for an aching tooth to be taken out, but it will not come out in that way, but if the dentist says it should come out, just sit down and let him take it right out. It will only take a short time to take it out, while it will give you relief from continued pain and injury that it would cause by its action on other teeth and general health. It takes actions to get this relief. Blessings will not come to us but we must go to them.

My Experience with Anesthetics or Contrivances to Relieve Pain by Application or Administration for Surgical Operations.

All kinds of anesthetics are more or less dangerous, and should not be used only when the patients will not consent to the operation that is needed to be performed for their benefit. An anesthetic is more dangerous than the pain that the operation would cause without the anesthetic, but the anesthetic is not more dangerous than the effects of diseased teeth are on the general health. The retaining of bad teeth in the mouth, spreads disease through the whole system, though the patients often think that their sickness and pains come from some other source. But the dentist and physician knows that there can be no cure as long as these decayed, dead, or diseased teeth are in the mouth to spread their poison through the system and to injure the parts next to the decayed teeth.

Anesthetics administered for the relief of pain in pulling teeth are more dangerous than when given for other operations outside of the mouth, and it is for this reason a person is unconscious while they are under the influence of an anesthetic, and are not aware of the accumulation of clotted and stringy blood, and it will often work its way to the wind-pipe and strangle; and if a tooth should slip from the forceps before it is out of the mouth, the heavy breathing might draw it into the wind-pipe, before it could be turned from its unwelcome course by the dentist, for the patient under the influence of an anesthetic is unconscious, and of course, has no feeling or control over their actions.

There was a case, I believe it was in New York City, at least it was some where in the East, that a patient, under the influence of nitro oxide gas in charge of a dentist there, by some means got a cork (that was placed between the teeth to keep the patient from keeping the mouth closed too tight) into the wind-pipe, and it caused the death of the patient, or at least, that is what the *Dental Cosmos* reported.

I believe in pulling teeth there are some teeth that sometimes slip out of the beaks of the forceps, and at other times a tooth will break in pieces, and the heavy breathing will draw a tooth or pieces of teeth, when it is possible, and it is when a person is unconscious into the wind-pipe, and it makes it quite likely that the blood, or tooth, or a piece of a tooth, might find its way to the wind-pipe, before the dentist is aware of it. Of course I do not mean to say that all cases would terminate that way, but some, at least. It is not impossible.

I would prefer to have my teeth pulled, when it is necessary to have them pulled at all, without any thing that produces insensibility; and at present there is no application or anesthetic that is in use, that will relieve pain without producing unconsciousness, which is also placing a person a little nearer death, perhaps, than they ever were before, and the effects of gas, or other anesthetics, are often left with the person for life. Some few persons never

feel the same after taking it; it deadens, shocks, or paralyzes to some extent.

My advice is for you not to take an anesthetic, if you have control enough over yourself to sit down and have your teeth pulled without it. For other operations outside of the mouth it is not so objectionable. As for pulling teeth when it is necessary to give an anesthetic, the nitro oxide gas is, perhaps, the best and safest that can be used. When properly prepared and administered, is just as safe as eating healthy food, if the patient is not almost ready to fall into the grave from the affections contracted before they take the nitros oxide gas.

Bad air, or bad water, or bad food is not healthy either. Neither is bad gas healthy. If you have heard of any bad effects of gas, it was administered by the old plan, and that was from a bag that would hold three to five gallons of gas, and the patients when they draw a breath of the gas they blow it back into the bag again, to be drawn back into the lungs again at the next breath, and of course, under such circumstances it must injure. So will the air that we breathe every day injure us, if we were to put it into bag and breath it over and over again. And it is for this reason the lungs extract all pure qualities out of the gas, or air at the first time that it goes into the lungs, and when it has been in the lungs it should pass out into the open atmosphere. After it has been once drawn into the lungs and let the next breath be unmixed with the air that was thrown out of the lungs by the last breath. It is pure gas or air that we want.

The improved mouth-piece used in giving the gas is so arranged that the patient gets fresh gas at every breath. Then the gas is as healthy as the air we breathe every day, for the gas is composed of oxygen and hydrogen, which is the same ingredients that is contained in the common air that we breathe daily; only there is in the gas a larger quantity of the oxygen and less of the hydrogen. It is oxygen that the lungs extract from the air, and it is the oxygen that they extract from the gas. The larger quantity of oxygen that the lungs get that is the cause of the insensibility. There are two valves in the new mouth-piece used by the dentists who thoroughly understand the precautions given above. The gas comes in at one of these valves, and after it has been in the lungs and the pure qualities taken out of the gas, the impure part left passes out at the other valve as you blow the breath out, and when the gas is good, and it is given by this process, it is as safe as healthy food, as far the effects of the gas is concerned. We do thousands of things every day and finally die; each one of our daily actions has its effect, as well as gas has its effect. We have to die some time, and if we die after taking gas it is not because we took gas, if the gas is pure, but it may be from some other cause, as is often the case, and then laid on something, perhaps, that did not cause it at all; for die we will some time. It may be from bad teeth, or from some other cause, or from carelessness of some kind on our part. We should be careful where we go to for advice, and we should be careful where we go to get our work done.

I used to give the gas in Louisville. I have tried almost all kinds of anesthetics and find that none are good. They all cause more pain themselves than the pulling of a tooth would cause, and it costs you more to take an anesthetic. Any person that has many teeth pulled makes more complaint before you get out the first tooth or two than they do over all the balance. When they have as many as twenty or twenty-five teeth pulled they all find out that their thoughts were worse than the real pain. Persons need not try to kill themselves by taking an anesthetic because they have teeth that should be pulled.

A person should not take gas, or any other anesthetic, directly after eating a meal's victuals, and their clothing should not be tight around the body so as to keep them from breathing easily, and there should not be any thing tight around the limbs to check the circulation of the blood. The patient should be in a reclining position, and should not be kept under the influence of an anesthetic longer than fifteen or twenty minutes at any time, but two minutes is a sufficient length of time for to take out two or three teeth, under ordinary circumstances.

Are you sick very much of the time? Are you expecting to be sick? You can judge by your feelings. Are your lungs very weak? Is there any thing tight around your waist, or any part of the body? Have you had a hard spell of sickness very lately? Do you feel much like vomiting, or fainting? If any of these symptoms have been with you long, you had better not take gas, chloroform, or ether. They might injure you, under these circumstances, but when you are in fair health there is not much danger of injury, when experienced hands have your case in their charge if you take their advice.

Artificial teeth promote health in different ways. Food taken into the mouth where there are no teeth to grind it does not taste right, and is not the same pleasure to the person, and is not so wholesome or healthy. Food when it can be chewed into fine particles gives off more taste, just on this principle. If you put wheat in your mouth and there are no teeth to grind it, it does not taste so well, or give the same amount of taste as it will if it has been ground to flour, by the artificial mill-stones and then put in the mouth. Natural teeth are natural mill-stones, and artificial teeth are the artificial mill-stones which pulverizes our food and makes it taste better, and they make the food more useful to the body, for people are not like fowls; they have not got a gizzard and required to eat gravel and swallow their food whole and let the gravel do the grinding in the stomach. Fowls have no teeth and there is a grinding apparatus internally. So it does not matter so much if they do not chew their food before swallowing it. But in people it is very different. If they have not got teeth that they can chew on, there will be general debility, or falling off of the flesh, because the food is not so nutritious, if not ground into fine particles. Notice how poor some people get to be if they go without teeth long, and it affects every feature of the person. It injures the color of the complexion, and it causes the people to become weak and wrinkly, and to die sooner

than they would on account of the food not getting the necessary amount of grinding before taking into the stomach. If you have no teeth, and are not able to pay for artificial teeth, cut or pulverize your food before you take it into the mouth, for you can not chew food with the gums. Mush and soup or something of that kind is the best diet for those that have no time and patience to cut their food fine with a knife, for food must be cut into small pieces, in some way, to be nutritious and healthy.

A few Words about the Different Kinds of Plates Used for Artificial Teeth.

Gold and silver plates were used almost altogether ten years ago. My preceptor, who was B. J. Dudley, D. D. S., of the Transylvania College of Dental Surgery, Lexington, Kentucky, was using the gold and silver plate for to attach teeth to in 1858 and 1859, and was getting for entire sets, on gold plate, one hundred and fifty dollars; but we have reduced the price for teeth on the gold and silver plate, but still there are objections to the gold and silver plate, and the objections are these: the plate is too heavy and bends too easy, and the teeth are easy to break. there is a seam between each tooth, and saliva gets in between the teeth and ferments and becomes sour and acid and unhealthy and this fermentation causes a very offensive smell, just similar to that produced by diseased natural teeth, and you can not clean the plate between the teeth. Some dentists will put in an entire set of teeth on gold plate now for \$75; but let's see if they are worth that much. I say no, not if you can get teeth that are better for a great deal less money on some other plate that is better in many respects. I can put in entire sets on the gold as low as other dentists. I can put in entire sets, upper and lower, on the gold plate for \$75, and I put in entire sets of permanent teeth, upper and lower, on the rubber plates for \$20, and the rubber is stronger and it is lighter, and I will put in temporary for \$10, and the rubber is so tight around the teeth that the saliva can not get between the plate and teeth to sour and ferment and become acid, to scald and irritate the gums, as it does in the gold plate. But all plates will get these substances on the outside of the teeth and plate, but it can be cleaned off of the outside with a brush and pure water. Then we see that there are four or five qualities in the rubber work that recommends it, cheapness, strength and closeness around the teeth as if they grew out of the rubber, and the rubber will not bend out of its shape, but spring back to its usual shape if it gets a fall on the floor, and it can almost always be made to fit better than other plates and it is cheaper than most other plates, which is a great advantage. Plates of all kinds should be kept clean by using the brush and water on them once a day. It is the neglect of cleaning the plate and teeth on both sides that cause the gums to scald and become sore and tender.

Allminum plates cost nearly as much as gold plates, and it is no better than the gold plate in most respects, and some of the

dentists use rubber to attach teeth to the gold and allminum plates, why not use the rubber entirely, when it will save so much to the patient or person wanting teeth. It is as much our place to do work to the advantage and interest of our patrons as it is to work to our own interest. Some of the dentists say that rubber is not as healthy as other plates. No kind of plate is healthy if it is not kept clean.

All persons who have artificial teeth that they can not use, will please give me a call, and I can, perhaps, show them the cause of their not getting along with their teeth, and if there is any use of them going to the expense of other teeth, I will promise to give them satisfaction. If the construction of the mouth will admit of it, artificial teeth, to look well, and to do well and to be useful, should not be out of proportion. They should not be too long or too short, they should not be too broad, so as to fill up the arch of the mouth too full, and they should not be too narrow, so as to look unnatural; they should not be too light a color, or too dark a color. They should be as near the color of natural teeth, that have been kept clean, as it is possible to get them. The plate should be strong and not easily broken, but should not be too thick, so as to make it clumsy. The teeth should come together just as natural teeth do, and that is for the teeth in both jaws to all come together at the same instant. When it is possible for them to articulate so nice and perfect, then they will look well and work well, if the patient follows the instructions of the dentist.

I have reduced my charges for all kinds of dental work to about one half the amount that I was charging in 1865 to the middle of 1868.

There are three qualities of artificial teeth that dentists buy for their cases, for no dentist makes the porcelain part, or the teeth, for if he did the patient would have to wait a long time for their teeth they are made of minerals, and mixed up into a dough, then moulded in moulds of different sizes and shapes and baked for a long time, just as porcelain dishes are, only the teeth are stronger than dishes are, and there are thousands of different shapes and colors of teeth made by these establishments, that do this kind of work. All dentists select such teeth out of these large stocks as suit their cases exactly, and the dentist articulates them and grinds them in, to suit the case. He makes a plate for them and attaches them to the plate. The dentist makes the plate fit the mouth and he polishes the plate and inserts the teeth.

Plain teeth are the cheapest and generally used for temporary teeth. I put in plain teeth, full sets, upper and lower, best quality, for \$10. Gum teeth are of different qualities. I put in one kind cheaper than what I charge for the best quality.

Gum teeth of the best quality are the kind that I use for permanent teeth, unless a special bargain is made for cheaper teeth. Full sets of permanent teeth, of best quality, upper and lower, put in for \$20.

If you neglect to clean your teeth, as directed, the plate will become softened by the action of the saliva, or spit, till it will

break easily. We do not say that artificial teeth are better than healthy, natural teeth, but the artificial teeth are as good in most case, if they are taken care of by the person owning them. Any kind of plate will become softened if it is not cleaned every day. Teeth will last if they are taken care of. Natural teeth will not last either if not taken care of, and nothing will last if it is abused.

Each one of the directions given in this little book will be found useful, and a neglect of any of them will be injurious. I will now state some of the most important parts that are contained in this book, so you will not have to refer to or read the whole book over to find the condensed parts: Pure air, pure water to drink and bathe, eat good fresh vegetables, that have not soured or wilted too much, fresh healthy animal food, in fair proportion, as directed. Exercise enough to cause the blood to flow out into the extremities. Do not run too hard, or over-strain the body by fighting too much, too long a strain on the mind or body is injurious. Do not over-heat yourself beyond reason, or what you can stand without injuring yourself. The medium between the extremes is the best not do too much or too little of any good thing. Leave no bad teeth in your mouth, if you can help it, but have good ones if you can. Chew your food well and do not eat too much rich food; a fair proportion of plain food first, then dainties after; you should never make an entire meal off of rich food, such as cakes or pies, candies and rich drinks, if you do not want to suffer for it some time. It takes time for it to show its effects. Perhaps it would be some months before it would produce a disease that might never be cured. The neglect of our duty is dangerous and causes sickness and general debility. All kinds of applications to kill pain are injurious, when there is better ways to give relief. These applications paralyze or deaden our feelings or the sensibilities of a person so that they can not feel a pleasant or unpleasant sensation, so much when the person has become paralyzed by disease and strong medicines, we have not the same power for good or for bad in such a condition. We must keep ourselves alive to enjoy pleasures in the highest degree. People that are not paralyzed by disease and strong medicine, feel and see the good better, and appreciate it better than the diseased person; and also food and pleasures of any kind are tasted and appreciated to a greater extent by the people that do all that is sensible and reasonable to promote health. Any disease or affection of any kind that is about a person, that can be checked or cured without medicine, gives the best health. Disease and strong medicines injure us for life. Our neglect to do that that would have prevented disease, brings us to the condition that compels people to take medicine. It is the only hope and last resort when disease has been allowed to get a hold on us by our carelessness. An ounce of preventative is better than a pound of cure. Live and learn. Don't expect to get health by trying to kill feeling or pain. If you do you will kill your pleasures, either by the slow process of disease, or by the faster process of applications of strong

drugs and medicines. Dead things don't feel much. When you see dead limbs on a tree cut them off before it spreads through the whole tree. So dead parts of our bodies must be taken away or the whole body might be lost. It only takes time for the disease to spread through the whole body. People should not think that they have had their teeth properly attended to until all of their teeth that are worth filling are filled and the teeth that are too much softened by long continued decay should be taken out. People should not think that they have paid the proper attention to their teeth if they allow matter to remain on their teeth, they should get the advice of a dentist who will not overcharge them, for almost every one in each family needs more or less advice about their teeth, and if the dentist charges too much it deprives some people of the help that they all should be able to have. People that need their teeth attended to should have it done as soon as they can, for the effects of bad teeth keep spreading, and they ruin the health. Don't wait until your mouth is ruined before you try to improve your condition. When it is necessary to do anything for the teeth or mouth delay is wrong, unless the dentist advises you to delay or wait. Don't expect to get relief by doing your own way. A good dentist will not advise you wrong if he knows it, for his success depends on the satisfaction that he gives his patients and his experience in such cases is peculiar to the tooth, a generally valuable and worth something to those that follow the advice when it is good. We all should look to our condition, for others have enough to look well to their own. When we find that there is any thing that is really wrong with us we should go to the proper place for advice.

Persons having old, worn out gold plates, where some of the teeth are broken off, and they desire to have them repaired, I will make them a new set on the rubber plate that will look better and be more useful for the gold that is in their old plates, and in some cases I will have to charge a little extra, that is, when there is not enough gold to be worth what I usually charge for new work. It costs almost as much to put a few teeth on a gold plate as an entire new set on the rubber plate, when new sets are made at as low prices as I make them, and I will warrant my teeth to be of the best quality as good as can be made by other dentists.

Persons that have dental work done should leave all to the dentist, for his experience in such matters enables him to know what is best to be done in the different cases. You may want it done one way and he another and if he gives up to the patient's will, whether right or not, he will not succeed as a dentist, for they almost always want to have out a part of what ought to be done, but if they will not do as the dentist advises they should not complain about work not doing well, for it does not do any too well when it is done the best way it can be done. There is more or less trouble with good teeth, and if this is the case with good teeth, of course, deterioration of any kind will not do any good. Natural teeth that are good, as they generally are, give us some trouble and the dentist can not beat nature, only in

one respect, and that is his teeth will not ache, but they will sometimes hurt a little, till the patient gets used to them.

If there is a little stain on the natural or on the artificial teeth and they are not thickly coated with tartar, a tooth powder composed of orris root, prepared chalk and pulverized pumice-stone will take it off and the orris root that is in the powder is astringent and is good for diseased gums, while the pumice-stone will wear the stain off and will not injure the teeth, unless it is used too often, and for a long time, then it wears too much off of the teeth. It only should be used once a day till the stain is off of the teeth, then use only twice a week.

I have this kind of tooth powder for sale and will accommodate all persons wanting a tooth powder that is safe and reliable, and they are only twenty-five cents per box.

I have several kinds of mouth washes for diseased mouths that are good and useful. When the tartar is off of the teeth, and dead and decayed teeth are taken out, so as not keep up the diseases that the mouth wash is intended to cure, though they will give as much relief as any other kind of mouth wash will. If the cause of the disease is not removed, which is tartar, decayed teeth and dead teeth, they are the cause of neuralgia and sore gums as long as they are in the mouth. Medicine only relieves the pain for a while, which is better than to get no relief at all, though if the cause of the trouble is taken away there will be no use of taking medicine. The disease will disappear when the tartar and decayed teeth are out of the way. These mouth washes that I have are for scurvy and neuralgia pains, and ulcerated gums. These mouth washes are the best in use, and only fifty cents per bottle, and the mouth wash will cause the gums to heal very fast.

Some people when they have artificial teeth made expect a dentist to make a set of teeth that is better than any other set of teeth they ever saw, or better than the best natural teeth, and some of them would let the dentist make a dozen different sets for them to select from, when each set would cost him, for the material alone, seven dollars for every set, besides the work on them. They think it is fun to make teeth, but it is not unless you are going to make a profit on them. A dentist can make as good a set of teeth the first time as he can by making them over, and I would not make a set of teeth over unless I was satisfied that they did not fit, but if people want teeth made over just merely to keep a dentist from making a profit on his work, I would rather they would go to some other place, or do without teeth, if they are not willing for me to make a fair profit on them.

My work shows for itself. Let any one look at the work that I have done, examine it. It matters not how well work is done, there are some that want it done better than it can be done, and at a low price at that, even if it should cost the dentist more than they pay for the work. If there is any one of my patients that is not satisfied, let them look at teeth put in by other dentists, and see if my work is not as good as any that they can find, at the same prices that I have charged.

There are different qualities of artificial teeth. I will not make teeth over at my own expense only when my judgment tells me that the teeth I have made will not be serviceable and look as well as other dentists work, but if they should think that they know better than a dentist, and should want it done over, and are willing to pay for the expense of material in doing work over, then I would do it over, if I thought there could be the least possible improvement made in their teeth, though I believe I have as few cases of that kind as any other dentist. I do not often have to do work over, and I am glad of it. But no dentist is under any obligations to do work over because some other person has teeth that look better. Some people look better than others, and some houses look better than others, and some trees look better than others, and so do some teeth look better than others, but for some mouths it is impossible for any dentist to make teeth that will look as well as for some other mouths, and it is on account of the shape of the jaws and mouths of people that they cannot be pleased. But as a general rule I can please almost every one that I undertake to please. Some mouths are crooked. The roof of some are flat, and some are hard to fit, on account of their shape. I can give perfect satisfaction when the mouth will admit of it, as often as almost any dentist you can find any place, at least I judge so by seeing and hearing that my patients are doing well and better than some that get their work done by some other dentist.

Health is more valuable than gold or diamonds, or property of any kind. If you have health and just enough property to keep you comfortable, you can relish your meals and rest well at the proper time; but without health in all departments you are miserable, for sickness or disease of any kind annoy and torment us so that no amount of property of any kind can comfort us or make us enjoy any thing. Disease of any kind will keep any body miserable. Wise actions are the only preventative of diseases and the sooner that they are attended to the more chance there is to get relief.

People should be regular in their habits. They should eat meals as near the same hour every day as they can, and they should retire every evening as near the same hour as they well can. Habits once formed become second nature, and it comes natural to us to do as we have been in the habit of doing. If we form a habit of being careful in every thing then we will not make so many mistakes and get into so much trouble by our careless habits. If we do not care what we do then we will have to suffer more than we will if we take care of our actions or ourselves.

Never sleep directly between two doors, or a door and window, especially if they are open, but have your bed a little to one side of the current of air that passes through your room in warm weather. It is best to have a good draught of pure air passing through your room. It will carry out the bad air, but if you lay right in the draught it will drive in the sweat and give you cold and might terminate in consumption or some other disease con-

tracted by sudden changes of the air when you are sweating freely. Do not let yourself cool off too quick, that is dangerous.

Care of Children and its effects on them in their after Life.

While the natural teeth are forming in the jaws of children, they are more or less effected in their formation and composition. If the children are neglected while they are young they will be dwarfed all the balance of their lives, just as a stalk of corn or a young tree. They can never become a strong and thrifty person, if effected in the early part of life. It is true they may live and and grow, but they will always be soft and show the marks of suffering in their early life. Trees and plants cannot grow much when they are cold, so children cannot grow when they are not comfortable. Children are often too thinly clothed and at night they often kick off the covers and become chilled through.

Small children in very cold weather should be kept warm at night. It would be well to have night clothes that they cannot kick out of, and they can be made in this way, take a blanket and make a sack as large as a good sized gown, sew it up at the bottom and the end of the sleeves. Just leave an opening at the top to put them in at, then close it around the neck so that no cold air can get in. You may let them have on a cotton gown next to the skin to keep the woollen blanket from scratching the skin. They cannot get out of this sack till you take them out. They can not take cold so easy as they do without it. They will be more comfortable and more healthy, and will give you less trouble and they will not suffer so much with croup and colds. All the parts of the body that are growing will be stronger and more healthy by taking the proper care of them before it is too late. The teeth will be stronger and more healthy and so will all parts of the body, if properly cared for, just as a crop of corn is, each hill if neglected will be dwarfed.

Why should People take care of their Teeth ?

First, because nature tries to provide for a wise purpose, and that is to masticate the food or grind it thoroughly; second, if they are neglected they become poison to the body, the decay acts on the saliva, or spit that goes into the stomach, and it deranges the stomach, causing weak stomachs and dyspepsia, and effects the whole system. The bad air about the teeth affects the lungs, and when the lungs become diseased the body must suffer. Bad teeth are poison to the parts close to the bad teeth. They cause the gums and jaw-bone to rot or slough off. This rotting of the gums or jaws by diseased teeth is caused by the effects of poison, and this poison as it passes down the throat into the stomach finally spreads through the whole system and produces diseases of different kinds that cause great suffering and death if not attended to in time, before the whole body is effected. It comes on so gradually or slowly that it is not thought to be of much danger

until it is too late. It will not do for us to let these causes of disease get too much hold on us. It is then harder to restore health; but it is better to remove the cause of disease late than not at all. All persons should have their mouths examined every six months by some good dentist. It will be of great advantage to all persons who follow this advice. The prices for dental work are low, and almost all persons can afford to go to the dentist and get advice that will be worth more to them than they may imagine.

Some of the causes of sickness and suffering are not well understood by most of people. We must study more and be more careful of our actions. It is our wrong doings that causes our suffering here on this earth. Long exposure to damp or cold, especially where we are not used to it, causes bad health.

Bad teeth that we keep in our mouths poison the air that goes into the lungs, and they poison the spit or saliva, and the poison acts on the throat and stomach in different ways. The poison causes sores in different parts of the mouth, throat and stomach, just similar to the sores right close to the diseased teeth. This poison causes ulceration of the gums, which is scurvy. It can not be cured till the cause is taken away which is tartar or decayed teeth. Good healthy teeth with good food and some exercise will keep a person healthy, if they were born with any health.

This blessing all people do not possess. The children of very unhealthy parents are not likely to be healthy. Some parents become very unhealthy after most of their children are born. In some instances that, of course, will not affect the children so much. Some people think it is not best to give plain warning, but if people have no warning against the things that destroy our happiness and prosperity, then they will suffer the more. It is the fault of people that bless or curse them. Let them know what will bless them and they will know how to act.

Diseased teeth affect the throat, lungs and stomach in a great many different ways. They affect the jaws and gums. They are offensive and disagreeable. People suffer in different ways on their account, and when the effect of diseased teeth gets spread through the whole system, it is much harder to restore health. Health once badly impaired cannot be restored to what it once was, but a little attention in time will prevent much trouble and suffering. Having teeth pulled does not hurt like a hard spell of sickness, for sickness lasts a long time and the preventive lasts but a short time. A hard spell of sickness, caused by neglect of any kind, will keep you from enjoying life so well, for its effects soften, weaken, or paralyze the faculties to a certain extent, in proportion to the severity of the disease. Certain things cause certain kinds of disease in different persons; but wrong actions will injure any person who is so ignorant as to do wrong.

DR. T. A. GREGORY,

RESIDENT DENTIST,

*Office on Main Street, North Side, between Bank and Pearl, over
Peake & Bear's Store,*

New Albany, Indiana.

A few Words on the Extraction or Pulling of Teeth.

It is a very dangerous operation when left to any one to perform who has not studied dentistry or practiced it for some time. Some times even an experienced dentist will take out a small piece of jaw-bone, when he has so many different kinds of instruments for working about the teeth. A dentist is prepared to do almost all kinds of work in the mouth. He studies cases of different kinds, almost every day. It is scarcely ever that a person is really injured by a dentist, but if you trust those who have not the necessary instruments or experience in the dental profession it is dangerous to you, but a great benefit to you if it is properly performed when it is really needed.

You can hitch a horse to a tooth and he will pull, but would he have a knowledge of the danger of dislocating or breaking the jaw or of the danger of loosening the adjoining teeth, or would he know how much power he put on, or would he know what the different sensibilities of the people can stand, or could he tell the number of roots a tooth has, or could he tell if a tooth could be preserved, or if it should be pulled. I say that he could not any more than a blacksmith. And if you wanted a cake baked would you go to a blacksmith, or would you go to a baker to have it done? Or would you go to a baker to have a horse shod? I presume not. If you did it would be your own loss. To expect one

of one kind of business, to know more about the business of another than of his own trade or profession. If there is any thing in your mouth that troubles you go to a dentist. Bad teeth cause sickness, and sickness some times causes bad teeth.

Have your bad teeth out by all means if you desire health for bad teeth are rotten and corrupt. They disease the jaw-bone or alveolar process, and they poison the spit or saliva, and it deranges the stomach, when it goes into the stomach with the saliva and food. This poison destroys the gums and jaw-bones and the membranes of the mouth, throat, and the stomach, by ulcers and putrefaction, caused by the poison and corruption that is on bad teeth. Bad teeth that cannot be made healthy by cleaning and filling or other treatment should be pulled so that they cannot destroy the health of all parts of the body as well as those close to bad teeth.

After a tooth is pulled it should bleed tolerably free for thirty or forty minutes, but should the blood continue to come from the place where a tooth was taken from, at a very rapid rate longer than an hour or two, it becomes necessary that the blood should be checked. The handiest and most convenient way is to take a wad of cotton and stuff it into the cavities where the teeth were taken from and let it remain in the cavities two or three days. Tannin or pur. sulphate of iron on a little pellet of cotton placed in the cavities will stop the flow of blood too. Salt will stop it, so I have been informed, though it should not be checked unless the blood is coming pretty free for a long time. Persons should not suck the places where teeth have been pulled from for two or three days after a tooth or teeth have been pulled. It causes the places to pain worse and it keeps the places bleeding longer than is necessary. There are a few people who are more inclined to loose too much blood than others; persons so inclined should keep as still and quiet as possible, for lively exercise causes the blood to circulate very free. Put no poultice or warm substance on the face opposite the places where teeth have been taken from. It will keep the places bleeding and when you take the warm substance away, you will be more likely to take cold in or about a diseased tooth. You can take cold from teeth that are in the mouth, just as easy as from the places where teeth have been taken from where there is inflammation about bad teeth. Sudden changes, from cold to warm will cause colds. Teeth that have been filled should be kept clean; no kind of teeth will last long if they are not cleaned regular every day, neither artificial or natural teeth. There is an acid formed by the fermentation of the accumulated food and tartar that is on both kinds of teeth. This acid softens the plate in artificial teeth and it injures the natural teeth if it is on them long. People should never pick at fillings that is put in teeth for their preservation. Fillings some times hurt or pain a little, directly after they are put in, but that will all pass away in two or three days.

Alveoli abscess, or sack of matter, formed at the roots of a tooth is a very loathsome and disagreeable disease. These mattery formations at the roots of the teeth are not easily cured by the

treatment usually adopted by citizens, for they often apply poultices to the face opposite the diseased tooth which has the effect of drawing the matter out through the cheek, and the hole where the matter comes out at will be an ugly scar for the balance of your life. The poultice will not cure but relieves the pain for a few days till the abscess rises again. The only way to get lasting relief is to have the bad tooth pulled, then the cause of the trouble is taken away.

If the cause of the abscess is not removed the disease keeps spreading till the jaw is in a necrosed condition, which will be found to be more injurious to your general health every day, the longer that you retain such obstructions in your mouth.

Scurvy

Is generally caused by tartar, decayed, or bad teeth. After tartar has been taken off the teeth they should be thoroughly cleaned every day, with pure water and a brush, if you wish to heal the teeth and gums, and to restore them to a healthy condition, and if you fail to clean them regularly the tartar will collect on them again very soon, and finally by the effects of this light brown or dark brown substance if it is left on the teeth they will become so diseased that they cannot be allowed to remain in the mouth without great injury to the general health. Tartar can only be taken off of the teeth by a competent dentist. If you allow it to be taken off by acids or fluids of any kind it will ruin the teeth, for any thing strong enough to eat or soften the tartar will soften the tooth or teeth, and it will make them more likely to decay after the operation. It should be taken off with instruments, and after it is off use nothing stronger than pure water and a brush once a day, and a good, plain tooth-powder. The tooth-powder should only be used often enough to keep off the stain when the water and brush will not take it off. The tooth-powder should have no acid or substance of any kind in it that will soften the teeth.

I have a good tooth-powder that will not injure the teeth, if it is used as directed. It has no substance in it that will soften the teeth. Directions for using this kind of tooth-powder I have for sale: Take a clean tooth-brush dip in clean, pure water and then shake the brush a little, then touch the brush to the powder, enough of the powder will stick to the brush to clean the teeth. You should rub the teeth inside and outside well with the brush wherever there is any stain on the teeth. One box of this tooth-powder will last one person a year, if they take good care of it. Two persons should not use out of the same box, for if one person has a very bad disease in their gums, a little blood or matter will injure some other person if it gets into their blood. Diseased gums bleed very easily; and the matter about bad teeth stick to a brush. Keep the brush clean, so you will not spoil the powder.

Toothache.

There are only two ways to prevent the toothache that I know of that are lasting and safe, and one way is to have teeth filled before they commence aching, and the other way is to have the tooth or teeth pulled that are aching. People some times through ignorance, want the nerve killed, but a dead tooth is often worse than a live one, for the disease passes from the dead tooth to the jaw. It rots the jaw and causes what is called necrosis of the jaw-bones, or to be plain, it causes the death of the jaw-bone. It produces neuralgia, and pains and diseases in different parts of the body. It effects the whole system. Leave no dead, rotten, or aching teeth in your mouth to destroy your health.

The pain of pulling bad teeth is not near so bad as some people think it is. They often imagine it will hurt very bad. Almost every body wonders after their teeth are out, why they suffered with diseased teeth so long without having them taken out sooner. Persons who have many to take out, complain more before the dentist gets the first one out than they do for eight or ten taken out after they find out that the pain is not so great as they expected it would be, and it does not last long. But diseased teeth left in the mouth cause constant trouble.

I would not take gas or chloroform to have teeth pulled out of my mouth and, of course, it would not be right to advise others to take an anesthetic when I would not take any kind myself, for I think it is more dangerous when given for pulling teeth than for other operations outside of the mouth, for when a person is insensible to feeling or thoughts, and they breathe very heavy, while under the influence of anesthetic, and if a small piece of a tooth should crumble off, as is some times the case, the patient might draw a piece of a tooth into the wind-pipe, before the dentist could get hold of the loose piece, and it would cause death. But still where people will not consent to have there diseased teeth taken out without taking some thing to make them insensible, it is better to give them some thing than destroy their health by their keeping bad teeth in their mouths, for bad teeth are as dangerous, and even more dangerous and a greater injury to your general health than an anesthetic. An anesthetic some times injures the health and it some times injures the mind. No good dentist will advise a patient to take an anesthetic only when the patient will not consent to have bad teeth taken out without it.

To make Artificial Teeth Useful,

There are several points that must not be overlooked. The first, and most important one is, for the patient to take the advice of the dentist, who is as much interested in his artificial teeth doing well as the person who wears them; for he makes his living by the recommendations of his work by his patrons who come and send others to have dental work done. People who have dental work done, should not find fault with work till they are sure that it could be done better by other dentists. It takes time

for people to learn to eat and talk with artificial teeth. I have had cases that did not take long for them to learn; but where people have never worn artificial teeth, it takes them a week or two, at least, and in some cases longer. I have known some people who had other dentists to put in teeth for them, and they would be six months learning to eat with them. I seldom have such cases, if my patients follow my advice. Almost any person will be pleased with artificial teeth in one or two weeks' time, if they will preserve and wear them all the time, and at every meal, and clean them every day with a brush and pure water, and if the plate hurts very much at any place, or troubles you very much, you should go to your dentist and tell him. He will not charge you anything more for alterations he may consider as necessary for six months after they are put in. But he will not charge them unless he sees a just cause for making a change. Almost all cases hurt the gums at first, and a little must be taken off the plate when it binds or hurts very much. That is about all the change that is necessary. Teeth made for one person will not fit any other person, and they cost the dentist a great deal of money besides his own work. Every person does not like artificial teeth at first; neither do they like natural teeth when they first come, for they hurt and are a trouble. So are artificial teeth at first some trouble. Some people think that artificial teeth should be no trouble whatever, but the dentist can find plenty of imperfections in other people's work, too, if he is inclined to. Some will find one fault, and some will find another; some will say that a gold plate is healthier or better than some other kind of plate, but it is not so much the fault of the plate that the teeth are usually on, it is the fault of the person not keeping it clean, inside as well as outside, by cleaning every day. It should be cleaned with a good tooth-powder at least twice a week. It is as necessary to keep artificial teeth clean, plate and all, as it is to keep natural teeth clean. A dentist can not beat nature much, if he can it all. He may put in teeth for people, but they must keep them clean, and learn to wear them, and how to use them, just as they had to learn to use their natural teeth, and that was slowly and gradually. I have a great many cases of artificial teeth that I have made, and almost every person is pleased with their teeth as well as I am with work that I get from others that is not dental work. So other kinds of business are not perfect either. So we all have to be satisfied, or bear a little trouble, one as well as the other. I think my work will do and look as well as most other cases done by other dentists, and I believe that I work at as low prices as any other dentist will work for at the present time, here in our city at least. People without teeth can not grind or masticate their food, and, of course, their health is injured by their food not being sufficiently chewed or masticated. People are not like fowls. Fowls have no teeth, but God has provided another way for them to grind their food. They have a gizzard where gravel that they eat mixes with their food, and grinds it thoroughly. But people must grind their food before it is taken into their stomachs, either by the teeth or some other

operation, for the stomach can not digest it if it is not pulverized or cut in very small pieces.

Persons who have their mouths prepared for artificial teeth, should notice their gums and if they are more settled on one side than on the other, they should chew most on the side where the jaw seems to be most prominent. It gives the dentist a better chance to give them satisfaction by having the teeth all the same length on both sides of the mouth. It takes from one to six months after the teeth are pulled before the mouth is ready for a permanent set of teeth, and the patient should see the dentist once or twice during the time if they can, and he can give them some advice. Temporary teeth can be put in right away after the teeth are pulled, but you will then have to have a permanent set after a while.

The rubber plate is cheaper and healthier than any other kind of plate that is used for artificial teeth, and the rubber plate can be made to fit the mouth better than any other kind of plate that is yet discovered, or been used for artificial teeth.

If you desire to know what kind of work that a dentist can do, do not judge too hastily from your teeth not feeling just as you would have them to feel, and do not believe any person when they say that artificial teeth do not fit, unless they have worn them every day for four or five months; for artificial teeth feel better and better every day the longer they are worn for at least six months. Most every person like them in one or two weeks after they have been put in, if they wear them steady all the time, and there are some few persons that like them from the first day that they are put in. Almost any person who will wear artificial teeth steady, and follow all the directions, and learn some by experience, will like their teeth. There are very few persons who praise their own artificial teeth until they learn to use them with ease and comfort, and that is the reason why people who are thinking about getting teeth should not think they will not find comfort and pleasure and health by using artificial teeth, because some person has told them that they will not like them. Take no ones advice, except some one that has had artificial teeth at least six months, and have worn them steady. Then they are capable of giving you some truthful advice. Some people are longer than others learning to use their teeth well. Some people try harder to learn than some others do, and some mouths are of a better shape for good work than some others are, but a dentist will do as fair work as people of other kinds of business will when it is possible for him to do it, for his reputation depends on his work.

Preservation of the Natural Teeth.

The natural teeth can be saved by the proper care. They should be examined by a competent dentist at least twice a year. If the teeth become very loose, or sore, it is then too late to save them. But if there is tartar on them and it is taken off, the gums and jaw will not become diseased, your health will be better and

there will be less pain about the teeth and jaws. If there is small holes or specks of decay on the teeth they should be cleaned out and filled before they commencing aching. They will then be as healthy as they were before they commenced to decay, and if they are not attended to in time they will commence aching, and cause a great deal of pain, and produce disease in the jaws and other parts of the body. You will be compelled to have them taken out or you will suffer a great deal and lose your usual health. It is better to have no teeth than to have very bad diseased teeth. Good natural teeth are a great blessing. Attention to them in time will make most peoples' natural teeth last to a pretty good old age. Artificial teeth are better than no teeth at all. Artificial teeth will masticate the food, which is better for health.

I do about as good dental work as any other dentist can do, and at as reasonable prices as good work can be done for. I try to stand by the prices that I have advertised to do dental work at. I have put down my charges to accommodate my patrons, and hope that it will be no injury to me or any one else.

Where there is swelling on the neck and cheeks, and pains in different parts of the body that are caused by diseased teeth, the teeth should be removed. Some times swelling about the neck is called quinsy. But there never would be so much trouble and so much pain if the first cause had not been left in the mouth until the inflammation spreads so far as the neck. Swelling comes on the neck some times when there are no diseased teeth, but not often. There is always a cause for all things. The cause some times is not known, but if it is not known and removed the disease will keep getting worse. Disease in any part of the body diseases the blood that passes through the part that is diseased, and finally diseases all the blood, for as the blood passes through the diseased parts it becomes diseased and it brings on sickness and even death. We cannot be too careful about these things. We must try to know when we experienced or felt the first pain or trouble, and try to know what caused it and remove the cause of the trouble. If you can keep from doing that that causes disease and pain, it is best for you to do so. Do not let disease get too much hold on you. If you can not take away the cause of disease yourself, go to some one who has the name of understanding how to treat diseases, for if they are spread too far they can not be cured. Some times a little forethought saves a great deal of trouble and pain.

Directions about Dental Work.

Teeth that have been filled with gold will pain a little for two or three days after they have been filled. Do not pick at them; it will injure the filling. Clean them as well as any other part of the teeth. Silver or amalgam fillings are soft at first. They harden slowly after they are put in. Be careful and do not disturb them if you wish them to do well.

Where there is scurvy do not neglect to keep the tartar off.

After the dentist has taken it off you can keep it off with a tooth brush and tooth powder, but after the powder has been used on the tooth, the mouth should be thoroughly cleaned out with water and a brush. Leave none of the powder in the mouth. You should not use the powder only when there is stain on the teeth. When the gums are sore and inflamed, you should get a good mouth-wash from the dentist. The mouth-wash and the thorough cleaning will cure the scurvy, which was the cause of so much trouble with the throat, lungs, and stomach; headache and troubles in many other parts of the body, though bad food will cause some of the same symptoms; and, so will no exercise **cause belching and sour stomachs.**

Artificial teeth should be cleaned every day. They should be cleaned at least once a week with a tooth powder, inside and out, all over the teeth and the plate, to keep them healthy, for anything sour or rotten is very unhealthy. Take the teeth out at night. It will rest your gums, and in your sleep they cannot hurt you by getting loose. People that gag with artificial teeth, will overcome that feeling if they will wear their teeth steady. There are very few cases of this kind. It is best to tell the dentist if there is very much trouble on this account.

When people are having teeth pulled, and there is a weak feeling or a disposition to faint, they should have their clothes loose around the waist, so as to be able to get full breaths of air, and do not swallow any of the blood; even the taste of blood is likely to make a person faint: and, do not inhale the atmosphere close to the blood that has been spit out of the mouth. To smell bad blood is very wrong. It is unhealthy, and it will make you sick and feel like vomiting. The room should not be closed up so that plenty of pure air cannot get in.

Where an effluve to be pulled there is very little danger about having teeth pulled if people are a little careful. They should not be scared for that is some times the cause of them feeling weak, and some times people will be scared so bad as to almost faint just at the thoughts. They should not be scared, for there is not one case in five thousand where there has been any serious trouble from pulling bad teeth, but it almost always does a great deal of good. The thoughts with some people trouble them more than the pulling, and why leave these bad teeth in the mouth to injure in so many ways.

Effects of Tobacco on the Mind.

Some of the effects of tobacco on the mind and general health is injurious to both. It produces a careless train of thoughts and actions. The saliva or spit that should go into the stomach with the food is wasted or spit out by using tobacco, it flows free and can not be swallowed. The saliva flows free when chewing food, or any substance showing that nature has provided it for the stomach, of mucus, phlegm or matter, or filth of any kind should not be swallowed. All kinds of substances that are poison or rotten should not be taken into the stomach, for if it is, like will produce like.

Tobacco does but very little good and a great deal of harm. Chewing it has worn a little tartar off of the teeth. People can clean it off at a less expense. Tobacco chewers spit around over the carpet or floor, and smoking cigars in rooms where the smoke can not get out causes headache and bad feeling to many other people. It inflames the eyes and hardens a person's heart. They get so that they disrespect other peoples' rights. They impose on them and laugh in the face of the people that they insult, which makes the evil double. Tobacco costs a great deal of money and when you can not get it, as is some times the case, it troubles you and gives you pain, and if you have chewed tobacco long it is hard to quit using it. Using tobacco in any way, except where it is known to do good, is wicked, and is a very nasty habit. Ladies do not like to see men use it, and some times reject young mens' company on account of tobacco and whisky. They do not always tell the young men their thoughts or reasons for the rejection. But wise men can see why they should not use these things where they are an injury. Ladies can see these things before they accept a young man's company, and they hear of imprudent and over-bearing actions some times before they see the person. They become posted. They know gentlemen by what they hear before they see them, and if they form a good opinion of gentlemen they do not avoid an introduction to them. But it is hard to get the privilege to receive an introduction to a lady if she does not desire one, and still you may never know the reason why you could not get an introduction when you wished one. Careful actions speak louder than words. You are known by your reputation. People will give you a reputation when you try to respect them and treat them right, and you can not be liked and praised if you tell stories or slander your acquaintances. Tell the truth to your friend and don't deny the truth. People soon find out if you try to deceive, and they will not respect you for your deceptions.

A few Lines about the Eyes.

The eye-sight is a very important faculty. Without the eye-sight we would be ignorant of many of the beautiful things of nature, and if all people were blind we would all perish. Well, it is a great object with intelligent people to know how to preserve the eyes, and to know how to keep them healthy as well as other parts of the body. Dirt or filth about the eyes will cause them to be sore, just like dirt about the teeth will cause them to get sore. Dirt when it becomes sour or putrified, becomes a poison. It acts then like a strong acid, it scalds, it irritates and causes inflammation about all parts that it comes in contact with. Finally this inflammation becomes corrupt ulcers then; still worse, these ulcers turn to what is called cancers. Filth must be kept away from all parts of the body, especially the mouth and eyes, for they are very tender parts. It can only be kept away by using clean water two or three times a day and it is best to use the clean water on all parts of the body before

they become sore, especially the eyes and mouth. Dirt irritates before it becomes petrified or rotten. Always keep the eyes clean. A little clean water is the best medicine for eyes when they are feeling bad. It always makes them feel better after it has been used, but the basin should be right clean, and so should the water, for if they are not clean the very thing that the water is to be used for will be neglected. It is to get the dirt away from the eyes and not to put it in the eyes by using dirty water, or a dirty basin. All corruption, whether in natural things or spiritual, will injure us. We must be more careful if we desire health in all parts of our bodies. This give us more happiness, and carelessness will give us more misery or trouble.

Pains in the Joints

Come from different causes: some times it is from bad teeth, some times it is from uncommon strains, some time it is from the neglect of taking regular exercise every day. Regular exercise, with good clean teeth and good food will promote health, for it makes good blood, and if there is exercise every day to make the blood pass around freely it will keep the flesh warm and healthy, and the longer we neglect any good and wise thing, that will keep up health, the worse it will be for our health. Without exercise to force our blood out in the extremities and to cause us to breath free and get air into our lungs and to cause us to have an appetite we will grow weaker. Children play for exercise. Men and women must work if they desire to live long. Neglect to work or exercise will cause the joints to become stiff and sore, and it will cause disease in them, some times they become so much diseased by neglect as to make it necessary to amputate a limb. These joints must be made to work every day and if they are not worked they will become diseased. We must not think that we were made to be idle all the time.

Effects of Intoxicating Liquors.

The effects of intoxicating drinks bewillers or darkens the mind till a man cannot walk straight or talk straight. Well, a continual practice of keeping your mind in that darkened condition makes it darker and darker, just as certain as wise actions practiced make you wiser and you are stronger in mind and body. If you obey God rather than evil, for ignorance which will grow worse and worse if you practice it in the place of right, it will get you in trouble, it will get you in fights and in prison if you keep it up long enough, you will suffer and so will your family if you follow bad habits of any kind; be as sensible as you can, it is better for all if we can do right, it is better for us to try to do good than to try to do evil. Liquors paralyze the mind and the body, it deranges the stomach and weakens the eyes, it cripples the body, it hardens the heart, and if it is used to excess enough to make you act foolish, it is using to excess when it is used out of its place, it is as dangerous as fire or water, when they are out of

their places it is dangerous to handle, it destroys, it hurts when it is out of its place, it will do to season some things with; pure liquors will do to mix with some kinds of medicines, it is good for some things, so is water and fire good for some things, fire is pleasant to stand by in cold weather, water is not pleasant to be under, but some people seem to think that it is pleasant to be under the influence of liquors, but it will take you to the jail, to prison, and to the grave, and your family to the poor house, it is dangerous if people will follow it too far.

It is Necessary for the Air we Breathe to be the Proper Moisture.

Why should the air in a room be kept a little moist where there is a fire by keeping a vessel of water on the stove to boil? One reason for the necessity is this, the air will become dry by the action of the heat of the stove and the dry air will absorb too much moisture from the lungs and all the moisture lost in this way will be felt, and it will injure our health. The steam from the water will keep the air the proper moisture. Out doors the air is kept moist by evaporation of water from creeks, rivers, ponds, lakes, and the ocean.

Sick rooms should be kept clean and well ventilated. The sick person should not be right in the draft of air, but the draft of air will take out the poisoned air, and good pure air will be far better for a sick person than much medicine, and if the air is kept pure, and there is rest given to the persons who wait on the sick persons, so they can go out of the sick room and get exercise and fresh air, it will keep them from getting sick from the effects of injudicious actions. Keep the sick person's clothes and body clean, and the bed clothes clean. Let the sick stir around as often as the case will admit. It will cause the blood to circulate free, which is very important. Keep plenty of covers on them to keep them warm.

Never let an entire stranger be alone with the sick. It takes at least a day or two for a person to learn how to wait on a new case without neglecting the different kinds of necessary attention, especially where there is strong medicine given. There are some things that are alike in all cases, but it is best for persons to learn a little before they undertake too much, for a very little neglect will cause much suffering some times and even death, but with the proper care persons that are very sick can be restored to pretty good health.

Any person desiring further information on any department of dentistry, will please call at my office, or write to me, and I will give them as good advice as I am able to.

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Dentist.

